

Help Prevent Diabetes Today

According to the Centers for Disease Control and Prevention (CDC), more than 30 million U.S. adults have diabetes, and over 84 million are living with prediabetes. Prediabetes is a serious health condition that increases a person's risk of developing type 2 diabetes and a long list of other health or chronic conditions such as heart attack, stroke, blindness, kidney failure, and loss of limbs.

Two Programs to Help Your Employees

Flexible diabetes prevention solutions are available through two CDC-recognized Diabetes Prevention Programs (DPP) that offer proven outcomes. These program options are delivered by two contracted providers: the YMCA and RetrofitSM.

In-person program at participating YMCA locations

- On-site structured sessions led by a trained lifestyle coach
- Peer support and accountability
- Weekly weigh-ins

Online program and mobile app through RetrofitSM

- Expert-led online classes
- Professionally moderated online community (peer support)
- Text messaging for "in the moment" personalized coaching

Advantages that add up

- Program costs are captured through claims but submitted and paid only as members attain program milestones.
- Program coverage at 100 percent as a preventive medical benefit with no member cost share to encourage member enrollment and completion.
- Aggregate claims reporting to track program and member success rates.
- Healthier employees can result in decreased future claims costs and increased productivity.



THE PROBLEM

The prevalence of prediabetes is growing.

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The diagnosis of diabetes is growing.

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Without major changes, as many as 1 in 3 U.S. adults could have diabetes by 2050.

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The cost of treating diabetes is growing.

About 1 in 4 health care dollars is spent on people diagnosed with diabetes.

THE SOLUTION

Diabetes is preventable, and prediabetes is reversible.

Completion of the DPP reduces risk of diabetes by 58 percent.

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Member's program completion results in an estimated annual cost savings of \$400 – \$1,300.

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Diabetes prevention results in a cost avoidance of \$16,750 per member per year.

For more information

For more information about the Diabetes Prevention Program and more details about each provider option, contact your Client Management representative.

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